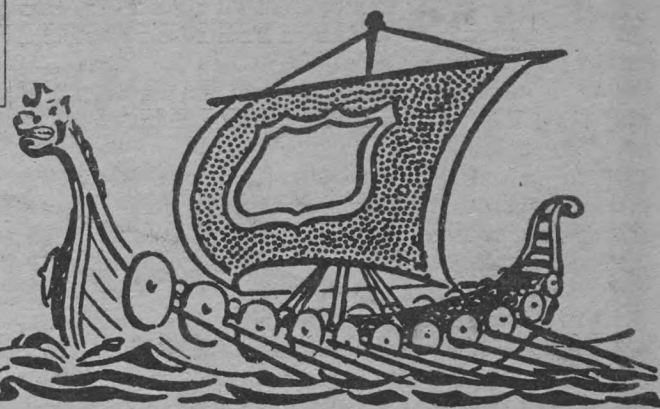


Scandinavian Centre News



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April 1975

ICELANDIC THORRABLOT CELEBRATION

Scandinavian Centre's 11th Anniversary

By Per Nielsen
Vice-President

The Scandinavian Centre will be celebrating its 11th anniversary. The date of this event is Friday, June 20. Currently there are plans being prepared for this event. The party will be held on the anniversary date,

June 20.

As the plans progress for our celebration, we shall announce more in the next issue of *The Scandinavian Centre News*.

Please keep above date in mind as we need YOUR support to make it a successful evening. □

Mother's Day Smorg

By Per Nielsen

The Scandinavian Centre will hold their 4th annual Mother's Day Smorgasbord Dinner on Sunday, May 11.

The dinner will begin at 2 p.m. and close for serving at 8 p.m. So come out and enjoy the smorgasbord at your convenience during the above hours.

We shall be glad to take your reservations for a set time and hold it for 15 minutes, providing there are four or more people in your party.

The ticket sale is now

under way but there are a limited number. Don't get disappointed later — purchase your tickets NOW.

Give your wife and/or mother a well-deserved day off and bring them out to our fabulous smorgasbord. See next issue for more details.

Tickets available from:
The Scandinavian Centre
14220 - 125 Ave.
Phone 455-4355 — 9 a.m. to 5 p.m.

Vera Nielsen — 454-5438
Per Nielsen — Bus. 484-5384
Res. 436-4109 □

MOTHER OF THE YEAR CONTEST

As the man overlooking Social Functions amongst other things for the Scandinavian Centre, what about a "Mother of the Year" Contest?

You must supply us, in writing, information about your Mother that makes you feel she deserves to be "Mother of the Year". We shall do the judging and decide on a winner. The winner will be announced at the Smorgasbord on May 11.

There is only one rule for qualification—the family must be a member of the Scandinavian Centre or one of the Scandinavian socie-

ties. So, boys and girls, between the ages of 0 and 100 years, is your Mother going to attend the Scandinavian Centre Mother's Day Smorgasbord, May 11, between 2-8 p.m.? Make sure you write to us. Tell us why you feel she qualifies for the "Mother of the Year" award. Write now and make sure your letter gets to us before May 5. Letters received after that date will not qualify. Our address is:

Mother of the Year
Scandinavian Centre
14220 - 125 Avenue
Edmonton, Alta. T5L 3C2 □

17th of May Celebration

By Knut Svidal

The Edmonton Inn is the setting for a tremendous celebration on May 17 commemorating Norway's Independence Day. Everyone is welcome and to avoid disappointment, telephone Jan Grude at the Inn, 454-9521.

Special entertainment is being arranged for the gala reception beginning at six o'clock in the Terrace beside the Crystal Ballroom.

Many special guests from out of Edmonton will be attending.

A special addition to the 17 May affair will be the 150-year anniversary of the first organized immigration from Norway to North America.

Be sure to join in this evening of fun and festivity to commemorate 17 May and the 150th anniversary of the "Sloopers".

Remember, telephone Jan Grude at 454-9521 NOW to avoid being left out. □

MY YEAR IN NORWAY

By Karin Nasset

Two years ago in March, I read an article in *The Scandinavian Centre News* telling of an opportunity for students to receive a bursary to study in a Norwegian Folk High School. I decided to apply for the bursary because I had always wanted to live in another country and Norway in particular because of my Norwegian origin.

In July 1973, I received a letter from the Memorial Fund in Norway that was sponsoring the bursary saying that I had been accepted to study at *Haugtun Folkehoyskole* which is near

Continued on Page 12

By Shirley Thorvaldson

The Icelandic Society of Edmonton, *Nordurljos*, held a gala Thorrablot on Feb. 28 at the Scandinavian Centre. It was attended by some 150 people who took advantage of the mild weather and came to celebrate the mid-winter feast.

According to the book, *Iceland's Thousand Years*, the Thorrablot, in pagan times, was held to insure fertility and abundance during the growing season. It was a well established social, as well as religious function in the life of the Norsemen, and it was always well attended.

Al Arnason was the coordinator for the Thorrablot and it was due to his enthusiasm and organization that the evening was such a success. Lucille Oddson and her committee were in charge of the food and what a feast it was! The buffet tables were laden with a great variety of Icelandic and Canadian food including such Icelandic dishes as *hangikjot* and white sauce, *rulla pylsa* and brown bread, smoked fish, *skyr* and *vinarterta*.

Cocktails were served from 6:00-7:00 p.m., followed by dinner, entertainment and a dance.

The highlight of the evening was a talk by the guest speaker, Prof. Haraldur Bessason, Department of Icelandic Languages, University of Manitoba. Prof. Bessason spoke on the origin of the name, Thorrablot, and the development the sacrificial feast has taken through the ages. He stated that the Icelanders had introduced special legislation against sacrificial feasts almost 1,000 years ago. Continuing he said, "The first Icelandic historian, Ari Thorgilsson, in his *Book of the Icelanders*, from about 1122, says that when Christianity was legislated in Iceland in the year 1000, it was made law that

people might sacrifice to the heathen gods secretly, but under the penalty of lesser outlawry, if this were proven by witnesses. The author adds, however, that a few years later this heathen practice was forbidden as were other practices."

Prof. Bessason stated that the first settlers of Iceland were heathen with two kinds of religious beliefs—one was the Guardian Spirits of the country called *landvaettir*, and the second belief was faith in gods. The belief in the Guardian Spirit seems to have been quite strong. These spirits were from the world of the supernatural and capable of manifesting themselves in the likeness of either a human being or some kind of animal. They were believed to inhabit waterfalls, rocks, groves or other beautiful and unusual places which were therefore worshipped. People would leave offerings of food by the waterfalls and other sacred spots, believing that the spirits would receive them. Belief in the sanctity of certain places, although in greatly altered form, has lingered on in Iceland to the present day. The Guardian Spirits have, of course, long since become elves or hidden folk.

In the late 19th century Icelandic students at the University of Copenhagen decided to revive this ancient feast and shortly afterward in 1903 the Icelandic Club in Winnipeg, Helgi magri, followed suit. Bessason's description of the first Winnipeg Thorrablot was most amusing. "After the chair-

Continued on Page 12

SPLINTERS FROM THE MANAGER'S DESK

from the BOARD

By Sol E. Sigurdson

The first board meeting of the new 1975-76 executive of the Scandinavian Centre convened on March 10, 1975. A multitude of topics were discussed as the new directors tried to familiarize themselves with their new duties. Perhaps the most rewarding aspect of the whole evening was receiving Peter Elander's reports of the Centre operations. He reported only a few openings left in the room rentals for the rest of the year. He also reports many bookings into 1976. In connection with this, he is encouraging the Board to look into the matter of raising the rental fees for the rooms so that they will be more in line with other similar facilities available in the city. Peter will have miniature Scandinavian flags for sale at the Centre and told of his plans to have Scandinavian literature available at the Centre, also. He is pleased with the co-operation that he is receiving from all of the Scandinavian ethnic groups, especially concerning the "use of keys" problem. And finally, Peter would be pleased to accept any offers for help to paint and fix up the place, so please give him a call if you want to rent a room, offer a helping hand, or just become more acquainted with the Centre operations.

A number of other matters arose.

SOCIAL FUNCTIONS

Mother's Day Dinner, May 11, promises to be an even bigger success than last year.

The Scandinavian Centre Queen Contest will be held at the Fall Banquet, Sept. 26.

Horst Schmid, Alberta Minister of Culture, Youth and Recreation, will receive a share in the Scandinavian Centre at the 11th Anniversary Dinner, June 20, 1975.

INTERGROUP COMMITTEE

The Intergroup Committee has met and has requested that the names of the members of the Nominating Committee be made public in November of any year.

WELCOME WAGON

The Board has been approached to include something of the Centre in the Welcome Wagon. Someone suggested we should contribute a History of the Centre to it. Doesn't sound to be a welcoming to me. How about a plate of lefse? MOOSE JAW SCANDINAVIAN SOCIETY

The Moose Jaw Scandinavian Society of Saskatchewan would like the Centre to have a representative at their Canada Days in June of this year. They also would like us to contribute some entertainment. In fact, the Moose Jaw group would like to be able to look to us for help and encouragement as they try to build up their newly-developing organization.

CENTRE DEVELOPMENTS

New Centre development is a central concern for the new Board. This column hopes to be reporting often on activity in this area.

SCANDAPADES

Would you believe? We hope to revive it after its year's rest. We should like to find another superb star like Edgar Bergen to complement our local talent.

THE PACKAGE OF SEEDS

I paid a dime for a package of seeds.
The clerk tossed them out with a flip;
"We have them assorted for every man's needs,"
He said, with a smile on his lip;
"Pansies and poppies, asters and peas,
Ten cents a package, and pick as you please."

Now seeds are just dimes to the man in the store,
And dimes are the things that he needs,
And I've been to buy them in seasons before,
And thought of them merely as seeds;
But it flashed through my mind,
As I took them this time:

"You've purchased a miracle here for a dime,
You've a dime's worth of life in your hand;
You've a dime's worth of mystery, destiny, fate,
Which the wisest can not understand.
In this bright little package, now isn't it odd?
You've a dime's worth of something known only to God."

These are seeds, but the plants and the blossoms are here,
With their petals of various hues;
In these little pellets, so dry and so queer,
There is power which no chemist can fuse;
Here is one of God's miracles soon to unfold,
Thus for ten cents is Divinity sold.

Edgar A. Guest

By Peter Elander

THE MOTTO IS: LET US TALK IT OVER. WHO WILL BENEFIT? With this in mind a meeting was called on Mar. 6 at the Centre. The five societies were asked to send one of their directors to meet your manager. The Centre Board was also asked to have a director at this meeting.

I thank Heikki Sario (Finnish Society), Tage Aaquist (Danish Society), Leif Oddson (Icelandic Society) and the Centre Vice-President, Pete Nielsen, for their

input to a better understanding of, what is going on at the Centre, and within the Societies.

This meeting did have a frank tone. The air was cleared and misunderstandings were ironed out. The will to work together was clearly shown.

We made one big step to improve the communications between the Centre Board and the Societies, between the Societies and with your manager.

It was decided to have one meeting a month on the Thursday before the Board meeting, which is held every second Monday each month. In doing this, the feedback from the Societies can be presented to the Board on short notice.

The next meeting will be held Apr. 10 (Thursday) at 7:30 p.m. in the Board Room at the Centre.

It is hoped at the next meeting to have all five societies represented. If the president cannot make it, then please make sure to send one of your other directors. BUT send someone, that can speak on behalf of your Society.

SCANDINAVIAN CENTRE BOARD OF DIRECTORS

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Harv Haugen
8806 - 162 Street 489-1171

VICE-PRESIDENT INTER-GROUP LIAISON

Per Nielsen
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FINNISH — Heikki Sario, 142, 8745 - 165 Street, 489-6266
ICELANDIC — Leif Oddson, 6412 - 84 Street, 466-6838
NORWEGIAN — Wally K. Broen, 9560 - 111 Avenue, 474-2006
SWEDISH — Leonard Eliasson, 13011 - 135 Street, 455-9457
SCANDINAVIAN CENTRE — Harvey Haugen, 8806 - 162 Street, 489-1171 & 425-3817

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Each member of The Scandinavian Centre receives The Scandinavian Centre News each month free for life. Non-members may subscribe at \$6.00 annually, payable to the Treasurer, Scandinavian Centre and sending it to the Director, Scandinavian Centre News, Mr. Stan Hafso, 11739 - 38A Avenue, Edmonton, Alberta.

Scandinavian groups, societies, organizations, associations or clubs may receive the paper by sending a list of members' names and addresses. A mailing charge of 6¢ per copy will be charged. This payment and other correspondence should be addressed to: The Scandinavian Centre News 10203 - 78 Street Edmonton, Alberta T6A 3E2

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SOLGLYT SPOTLIGHT



By Rose Svidal

Cultural Director Astrid Hope has been re-elected for a second term as the Norwegian representative to the Heritage Council of Alberta. Mrs. Hope recently visited Sherwood Elementary School in the west end with her display of Norwegian Culture. Her audience were children from Grades III, IV and V who are studying what Norway has contributed to our way of life in Canada. The children were very interested and asked many questions.

Mr. Leonard Thompson, General Manager Fraternal Insurance for Sons of Norway from Minneapolis visited the city on March 17. With him was Regional Manager Ed Prestegaard from Montana. On their Alberta tour they also visited Camrose, Grande Prairie and Calgary.

On March 8, Wally and Betty Broen and family attended the wedding of Wally's sister, Joyce, to Mr. William Dougan of Edmonton. The wedding ceremony was held at Strathearn United Church, followed by a family luncheon at the home of the bride. Mr. and Mrs. Dougan are making their home in Edmonton.

Renewing acquaintances in Edmonton recently were Mrs. Ingrid Lagergren, accompanied by Lavern and Irene Sorgaard.

Mr. and Mrs. Monrad Larsen of Tromso, Norway, were recent guests at Stan Overland's. En route, the Larsens were among the passengers who escaped injury at the Lillehammer train wreck.

Among the Hawaii visitors who returned after a delightful two-week vacation

were Marion, John and Ian Iverson.

Del and Doreen Melsness were surprised to find an 18" snowface on Vancouver Island during their recent visit to the west coast. They are looking forward to another trip, this time to Uranium City.

Ruth and Henry Logan accompanied their granddaughters, Patti and Tracey to a skating carnival at High Prairie. Prior to this, the three girls and their parents, Roland and Valerie Johnson, were guests at the Logan home in Edmonton.

Good wishes of the Lodge go out to Mr. Erwin Nasset, trusting that his recovery will be rapid after his recent illness.

We express our condolences to Edith Markstad on the recent loss of her mother.

Sympathy is extended to the Halberg family on the death of Mr. Fred Loader of Riley, Alta. Among those attending the funeral in Riley were Ellsworth, Evelyn and Ruth.

REMINDER

Helge Nilsen reports that there will be a ski trip to Jasper on April 11 and 12. Whistlers Youth Hostel at \$1.50 per night has been booked. For further information, phone Helge at 434-4300.

LANGUAGE CAMP

Those interested in attending the camp this year being held at Pigeon Lake should contact the Ronning Lodge in Camrose. The Ronning Lodge is in charge of arrangements.

Your May correspondent will be Betty Broen. Phone 466-8461 with your news. □

2nd ANNUAL NORSEMAN SKI RACE

By Kris Nyhus

The second annual ski race sponsored by Sons of Norway on "Norseman Ski Trail" in Terwilligar Park, was held on March 22. Due to the lack of snow in the area this year, much preparation had to be done to relay portions of the trail to where there was sufficient snow cover, and to shovel snow on to bare spots. The trail and snow conditions were excellent for the race, with a fast and challenging track.

The event brought about fifty skiers this year, and the crowd of spectators was estimated to be close to a

hundred.

Arne Johannessen, Norwegian Consul, welcomed the skiers and expressed his pleasure at seeing the old Nordic sport of cross-country skiing becoming so popular again.

The officiating was masterfully engineered and conducted by Harv Haugen, Inge Anderson, Ross Fowler, Bjarne Myhre and Bob Bert.

Carling O'Keefe Breweries provided a Winnebago Recreation Home supplied with a loudspeaker system which was of great help to the officials.

Donations for trophies

By Helge Nilsen
S/N Sports Director

Sons of Norway sportsmen and sportswomen travelled to Grande Prairie recently to compete in the annual sports weekend. There were representatives from Edmonton, Claresholm, Calgary, Camrose and the host city, Grande Prairie. Included in the activities were curling, bowling and cross-country skiing.

In curling action, Claresholm captured the trophy, with Camrose ranking a respectable second, and Edmonton curlers meriting a

were supplied by Norman Nilsen Construction, South Side Welding Supplies, Richardsen Industries, and Sorenson Assurance Service Ltd.

Racers entered in one of six categories to compete for three trophies in each category. The skiers all ran a distance of five kilometers with the exception of the young children who went a two-kilometer loop.

The trophy winners in the various categories were as follows:

MEN UNDER 40:

1. Jim Brohman - Edmonton
2. Ray Morrison - Edmonton
3. Jack Langford - Ponoka

MEN 40 AND OVER:

1. Rear Gjessing - Edmonton
2. Frank Nesbitt - Edmonton
3. Kris Nyhus - S/N Edmonton

LADIES UNDER 35:

1. Rosemarie Gerber - Edmonton
2. Tone Meirer - S/N Edmonton

LADIES 35 AND OVER:

1. Bernice Nyhus - S/N Edmonton
2. June Seidel - Edmonton
3. Phyllis Timberley - Edmonton

CHILDREN 11 TO 15 YEARS OLD:

1. Jon Servold - Devon
2. Helen Servold - Devon
3. David Hockey - Devon

CHILDREN 6 TO 10 YEARS OLD:

1. Ingrid Servold - Devon
2. Jeff Peterson - S/N Edmonton
3. Anders Nyhus - S/N Edmonton

The annual trophy presented by Sorenson Assurance Service Ltd. for the best time of the day, went to the 40-year-old and well-known Norwegian skier, Rear Gjessing, who ran an outstanding race.

The oldest skier on the track was the still very active and competitive 69-year-old skier, Ole Hovind, who has been one of the most respected all-round skiers in the Edmonton area for the last fifty years.

Two of the skiers were unfortunate on the fast and in some places narrow track and broke their skis, but that is all part of the game, and fortunately none were injured.

So until next year—GOOD SKIING! □

SPORTS WEEKEND

fourth place finish.

Grande Prairie claimed the championship in the bowling competition over the weekend, while Camrose and Edmonton placed second and fourth respectively, just as they did in curling. A fine point to the credit of Edmonton bowlers was that Captain Thor Berg and his team posted the most total points of any team and consequently were awarded individual trophies.

Lodge members matched their cross-country skiing skills against one another on the weekend as well in the Wapiti Valley, five miles from Grande Prairie. This event was divided into four divisions: Men's, Women's, children's and the over-fifty categories. In Men's skiing, Kris Nyhus came first, with Herman Meier in second, hot on his heels.

In the Women's event, Bernice Nyhus matched her husband's first place finish, while Tone Meier did likewise with an admirable second place. In the over-fifty event, Gunnar Sveinungsgard from Grande Prairie held on for the win, while Ted Osstad of Calgary placed second. Eighty-two-year-old Ole Peterson also of Grande Prairie, although not in the money, made an excellent healthy finish. Colin Anderson of Camrose won the Children's event, while Anders Nyhus of Edmonton and Cathy Haugen of Grande Prairie tied for second.

All competitors were treated to a handsome banquet at the Elks Hall on Saturday night with the Hon. Jim May, Mayor of Grande Prairie, and other distinguished guests at the head table.

On Sunday afternoon, trophies were presented to the winners including the cross-country trophy to the Edmonton Solglyt Lodge by Kris Nyhus, his wife, Bernice, Doug Peterson and Herman Meier. However, winners and losers alike enjoyed a truly fantastic weekend. □

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ICELANDIC NEWSLETTER

By Les Greenham

Howdy, folks, we are now embarking on our 26th edition of the Icelandic Newsletter. To repeat a phrase, we are 26 down and 2 to go. But let us not be naive, we have really enjoyed preparing most of the Newsletters for you. However, after approximately 2 1/2 years, we are looking forward to being relieved of this responsibility but I must admit that the many favorable comments that I have received during this period of time have been, to say the least, a great inspiration to me and as a result of my experiences in this area, I would like to offer my services to him or her, whoever is the new correspondent, in preparing the occasional Newsletter for him or her should they want to be spelled off. Now, on with the news.

The first priority of this edition is the anticipated success of the Markerville Islendingadagurinn which this year will be on Sat., June 21. Yours truly suggests that everybody put on their thinking caps and provide your executive with ideas and fun games to make it an outstanding success. We just recently had a conversation with **Bryan Vigfusson** and he said he would pick up a ball team and he sends out a challenge to Markerville and Calgary. If this can be arranged then it would be nice if we could find a sponsor to donate a trophy. Could we get some reaction on this? It would be appreciated. Oh, yes, let us clarify what type of ball game. It will be what they call fast ball and not hardball.

TOMBOLA

As you all know, **Freda Smith** has been arranging for a Tombola at the Scandinavian Centre. The date is now set for Sun., Apr. 13 in the Viking Room with activities scheduled to get under way at 1:30 p.m. **Freda** has arranged to have Dr. **Barney Stephanson** show slides of Ghana in West Africa for your pleasure. This sounds to me like a very interesting afternoon. And we all know this is a lot

of work for **Freda** so let us show our appreciation to her by being there.

Let us go back in history for a moment—we are referring to Feb. 28, 1975, in particular, **Thorablot**. What a fabulous evening, who will ever forget it? First off, we want to recognize **Al Arnason** for his brain-child regarding the format for this year's event. And believe me, did **Al** ever work hard to ensure the success of this evening. Thank you, **Al**. There are of course a lot of other people who contributed to the success of this evening. But we shall not attempt to name them all, for sure as guns, we shall forget someone. However, I am sure everybody will say, "Here, here," if we do show our appreciation to **Lucille Oddson**, our Lunch Convenor. You did just the greatest job in the world, **Lucille**. That food was just terrific. Really, we could go on and on about it. Thank you, **Lucille**.

While we are still on the subject of **Thorablot**, it must have been widely advertised since we had visitors from such far away places as Winnipeg. As you know, Winnipeg is about a thousand miles from here. The distinguished visitor from there was none other than **Sigrid Johnson**. Also proudly representing Saskatchewan, in attendance was **Seena MacKay** from Wadena. Even Calgarians recognize that if you really want to have a good time—go to Edmonton. These intelligent Calgarians were **Fred** and **Marge Lange**, and **Henry Jackson**. Also in attendance we had the honor of having in our midst that evening, the distinguished Mr. **K. Lynge**, Editor of **The Lur** and his wife, **Liz**. My informant tells me they were wonderful company. There is no doubt in my mind that next year we shall have visitors from Vancouver once they have heard what a tremendous show we put on.

Our guest speaker at **Thorablot**, Prof. **Haraldur Bessason**, from Winnipeg, visited with **Walter** and **Beulah Arason** while in Edmonton, much to their

pleasure. The only complaint they had was the visit was too short. At the moment of this writing, **Walter Arason** is down in Ottawa visiting with their daughter, **Carol**, and family. **Walter** is combining this visit with business.

At this point we would like to say "Hi" to **Dawn Lundberg**. We hope you really enjoyed your visit to Las Vegas, and that **Elvis Presley** didn't let you down with his performance. Now people will be asking, when did **Dawn** go to Las Vegas? Well, folks, it was the Easter holiday weekend.

How many people know **Baldur Kristjanson** from Gimli? You will be pleased to know that **Baldur K. Kristjanson**, Associate Deputy Minister of Agriculture for Manitoba, has been appointed chairman of the Farm Credit Corporation by Agriculture Minister **Eugene Whalen**. He succeeds **George Owen**, who retired at the end of 1974. Dr. **Kristjanson**, 56, is a native of Gimli, Man. He is an Agriculture graduate from the University of Manitoba, has a masters degree in Agricultural Economics from Virginia Polytechnic Institute and his Doctorate from the University of Wisconsin. He was an Agriculture Canada Economist from 1955-58, Secretary of the Resources for Tomorrow Conference 1959-62 and became Acting Assistant Deputy Minister of Agriculture in 1963. From 1965-67 he was Chairman of the Manitoba Economic Consultative Board and became Deputy Minister and Economic Advisor to the Premier of Manitoba in 1968. In 1973 he was named Associate Deputy Minister of Agriculture for Manitoba. As chairman of the Farm Credit Corporation, Dr. **Kristjanson** will be responsible for the policy of an agency which handles about \$300 million in loans to farmers each year. He is married and has three children.

Just had an interesting chat with my brother-in-law, **Herb Vigfusson**, who just returned recently from an eight-day trip to attend the London Life Millionaires Conference in Ottawa. While there he visited some old school buddies in Montreal whom he hadn't seen for many years and through these buddies he came into contact with **Gordon** and **Evelyn Thorvaldson**, **Gunnar Thorvaldson's** brother and sister-in-law. It was interesting to discover that they even have an Icelandic Society in Montreal and these people are all members. The Icelandic Society of Montreal had just recently celebrated **Thorablot** as well.

Since I have the **Vigfussons** on my mind, **Phyllis** has asked me to extend most heartfelt thanks to all of the visitors who came to see her while she was in the hospital. **Phyllis** spent three weeks and two days there undergoing hip surgery. We

are happy to report it was a most successful operation and she hasn't suffered any pain since. **Phyllis** was so happy about all the visitors who came to see her, I know she wants me to say "Thank you again".

Let us digress at this moment about **Thorablot**. It has come to my attention that we had another visitor from Winnipeg that night. Mrs. **Ella Smith**, **Linda Laxdal's** mother, spent the evening with us and the grapevine has it that she found it a most enjoyable evening. Don't let the name, **Ella Smith**, fool you, she is a true Icelander. All told she spent two weeks holidaying here in Edmonton.

Our apologies to the **Vigfusson** twins of Cheney, Wash., **Trever** and **Tracey**. **Trever**, old boy, we didn't forget you—it was just a misprint.

Another reminder about the Ladies' Auxiliary Tombola on April 13—don't forget to scour your basement, or your whole house as a matter of fact, for items that can be used to make this a great afternoon. Also I imagine we should all take some food with us.

On behalf of the Icelandic Society I should like to say a special thank you to **Shirley Lundberg**, who so ably assisted the Membership Chairman, **Gunnar Thorvaldson**, in getting out the membership list which formally announced this year's special **Thorablot**.

Barney and **Jean Thorlakson** just recently returned from a month's holiday in Puerto Valerta and I do believe they were almost converted to the Mexican way of life. **Barney** couldn't get over how they live down there—how different it was. Some of the people haven't changed their mode of living for 300 years. When I talked to **Barney** on the phone he told me that **Jean** was in the hospital for a few days. We sure hope you had a short stay there, **Jean**.

By the way, look elsewhere in this paper for an engagement announcement by Dr. and Mrs. **Norm Vigfusson**.

BIRTHDAY CONGRATULATIONS

Byran Vigfusson, the man who wants to play ball, on April 14

Ed Corrigan, another member of the ball team, on April 24

Mrs. **Valgerdur Nordal**, Arborg, Man., Jo Couves' mother, on April ?

Mrs. **Felix Frederickson**, 11342 - 67 St., April ?

Belated birthday greetings to **Bert Stimson**, on March 9. Can you play ball too, **Bert**?

NOTE TO GUNNAR THORVALDSON

Maybe a couple of the above-named wouldn't mind buying a Society membership since it only costs \$3.00 a year.

WEDDING ANNIVERSARIES
Congratulations to **Bryan**

Islendingadagurinn

Poetry Contest

THE 1975
ISLENDINGADAGURINN
HONOUR PRIZE IN POETRY
\$100 PRIZE MONEY

The prize winner will be announced Aug. 4, 1975, at the Icelandic Festival at Gimli, Man. The prize will be presented in person to the poet or, if that is not possible, mailed to the winner.

Entries may be published for one time distribution only at the time the prize is announced but no entry will be published for commercial purposes without the consent of the poet.

CONDITIONS OF ENTRY

- The contest is open to any individual whose ancestry is Icelandic
- Each entrant, by submitting a poem, acknowledges his assent to the conditions of the entry
- Each entry must be original, and unpublished on the date of submission
- Each entry must be typewritten, double spaced on one side of plain, unlined paper 8 1/2" x 11". Any clear copy is acceptable
- Entries must be postmarked between March 1, 1975, and July 1, 1975
- Poet's name and address, and title and first line of poem must appear on two typewritten 3" x 5" cards placed in a sealed envelope. Title must appear on the entry
- No entries will be returned
- Entries must be addressed to **W. D. Valgardson**, Department of Creative Writing, University of Victoria, Victoria, B.C., Canada

Continued on Page 11

and **Dianne Vigfusson** who will celebrate four happy years together on April 10.

WELCOME TO THESE NEW MEMBERS

Walter and **Margaret Reykdal**

Burt and **Chris Best**
Haraldur Bessason, Winnipeg

John and **Audrey Anderson**

Ron and **Judi Sigurdson**

Tom and **Sandy Thorvaldson**

Earl and **Pearl Valgardson**

ENGAGEMENT ANNOUNCEMENT

Dr. and Mrs. **Norman Vigfusson** of Cheney, Wash., are pleased to announce the engagement of their daughter, **Sandra Dawn**, to **David Leroy Jones** of Spokane, Wash. **David** is the son of Mrs. **Phyllis K. Jones** and the late Mr. **Darrell D. Jones**.

Sandra and **David** are both graduates of Cheney High School. **David** is majoring in Retail Merchandising at Spokane Falls Community College and is employed at Sears in Spokane. **Sandra** is attending Eastern Washington State College and is employed at Chet's Flowers.

The wedding date has been set for June 28, 1975. □

Wally K. Broen, B.Comm., C.A.

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VASA LODGE SKANDIA



By Millie Weiss

The March meeting was held in the Dania Room on March 1 at 7 p.m. Joan Petersson chaired the meeting.

Get well soon to the following: Oscar Pearson, John Gerrott, Alma Samuelson, Lillie Boyer.

Following the meeting, films were shown by Jean Robbie, and as usual a lovely lunch was served by the ladies. Thank you, Jean Robbie.

Rune Anderson went to Sweden for his sister's funeral. Sincere sympathy from all the members.

Bengt Kristiansson has gone to Sweden to visit his parents, sisters and brothers.

Brian and Wendy Johnson have moved to Calgary.

Len and Matt Eliasson spent a few days in Vancouver on a business and pleasure trip.

Marie Louise Sorenson received her Canada Cord as a Girl Guide on Feb. 18, 1975, in St. Albert. She was also one of the lucky Girl Guides to have her name drawn for this summer's activities. She will be going to Newfoundland in July for a week.

Congratulations to: Elwood and Dianne Johnson on the arrival of their son on Feb. 22, Graham Kyle

Proud grandparents Gus and Helga Johnson

Also to Garry and Jeannette Hall on the arrival of their son on March 2—9 lbs. 10 oz.

COMING EVENTS

Next meeting will be held on April 12 at 7 p.m. in the Dania Room. Past Chairman's Club will be host for the evening.

SEATTLE

By Olaf Sveen

This time, my friend, Lew, and I were heading for Seattle. Our friend, Herb Johnson, from Ballard Records, had made the arrangements for a personal appearance promotion tour, and he said he had so many things to look after that he could write a book about it, but I don't want to go into that part, we shall just sit down and wait for the book and read all about it.

Seattle is not a very old place. The first white settlement was made at Alki point in November 1851 and was named after an Indian chief. Since then, Seattle has grown to be the largest city in the Northwest. The city is com-

The Ladies Auxiliary will meet at the home of Emil and Mildred Weiss at 11432 85 St. on Fri., Apr. 18 at 8 p.m.

LETTER

For the past nine months I have been a resident of British Columbia and, as such, have not taken part in any lodge activities. Come next September I shall again take up residence in Edmonton and look forward to participating in the various functions, particularly curling.

At present I am employed by a forestry consulting firm and am involved in forestry road engineering. In April I am scheduled to attend the U.S. Forest Service Smoke Jumper Training School in Winthrop, Washington. Upon completion of that course I shall be qualified to smoke-jump in the Yukon this coming summer. All in all, I am happy with my decision to take a year off university and work in my chosen field. The experience has been invaluable. However, I look forward to again attending university next fall and seeing all the lodge members during the various Vasa functions.

Yours sincerely,
Jim Stephenson

CURLING

Two teams from Skandia Lodge, Edmonton, went to Lethbridge for the District Curling and came home with the trophy. First place winners were Lorie Eliasson, Matt Eliasson, Helen McEvoy and skip, Glen Eliasson.

Third Place Winners were: Gertrude Holmgren, Virgie Fawcett, Harold Markstrom and Milton Fawcett as skip.

Congratulations to you all.

paratively long and narrow, so a map of Seattle kind of reminds one of a map of Norway.

The area is very beautiful. Here is what Captain Vancouver himself wrote about the Puget Sound country when he was surveying the Northwest in 1792:

"To describe the beauties of this region will, on some future occasion, be a very grateful task to the pen of a skillful panegyrist. The serenity of the climate, the innumerable pleasing landscapes and the abundant fertility that unassisted nature puts forth, require only to be enriched by the industry of man with villages, mansions, cottages and other buildings, to render it the most lovely country that can be imagined; whilst the

labour of the inhabitants would be amply rewarded, in the bounties which nature seems ready to bestow on cultivation."

It is hard to find better words. By the way, Puget Sound is named after one of Vancouver's officers, and so is Mount Baker, and I believe Mount Rainier is named after a fellow officer of his that never even saw the West coast of America.

Lew and I stayed at Wilma and Herb Johnson's place. They have a beautiful home in the Aurora district. When the weather was clear, we could see Puget Sound with the great Olympic Mountains in the background. We stayed for a week there and it only rained twice—the first time it rained three days, and the second time four. Herb said it rained four days the first time, and then three.

Lew explained to me how a person can tell the weather on the west coast. When you see the mountains, it is going to rain, and when you don't, it is raining.

We had great fun at the Johnson's place. Herb is a great talker and he had very strong opinions about everything. He and Lew got along extra well, the one being half Norwegian and half Swede, and the other one being half Swede and half Norwegian. Herb had a favorite saying: "You can fool some of the people some of the time, and you can fool some of the people some of the time, but you can't fool some of the people some of the time."

Herb was also a great singer, and his favorite song was "Ja, Ja, Ja, Hva ska vi ha? Lutefisk, Lutefisk, Ja, Ja, Ja". He sometimes substituted the word "lutefisk" with "gamelost" for variety. I also heard him predict that the depression will come the day after tomorrow, but we know that tomorrow never comes, so we don't have to worry.

We met a Norwegian in Seattle and he had a Norwegian krone with a hole in the middle. He let on that a krone will be worth the same as a dollar as soon as they really get going on the oil. I told that to Herb, and he didn't think it made sense. He said a dollar is not even worth a dollar anymore, maybe twenty cents or something, and how could a krone that is only worth one fifth of that come to be worth a dollar. Money is all in people's minds, said Herb, and has nothing to do with reality. And we should not forget that the writer, Hans Hyldbakk, says in his "History from Surnadal": "A 'krone' was worth a 'krone'—but we had hard times."

Herb had some remarkable plants in his basement—they grow and bloom without soil or water. He called them Aurora-Aurora, or something, but told us he has too few plants to be able to sell any as yet. If anybody is interested in get-

Continued on Page 11

VIKING

HOW THE TOWN OF VIKING GOT ITS NAME

By Alf & Irene Toverud

Settlers began arriving in the area of Viking, Alta., as early as 1902, among them being Sivert Hafso, father of Stan Hafso, well-known member of the Scandinavian Centre executive.

Besides the Hafso brothers were the Lokkens, Sorensons, Kringens, Bensons, Nordstroms, Hagensons, Bergs, Salvesons, Wollens, Boraas, Kjellands, Carlsons, Holmbergs, Ohmans, Petersons, Nyhus, Stenbergs, and many others.

Viking originally was two hamlets before the coming of the railway, due probably, to a difference of opinion as to where it would eventually be laid. Both hamlets were built on high, well-drained land. Because of the large settlement of pioneers of Scandinavian extraction to the north, it was only natural that they choose the name "Viking" as suggested by Gilbert Sorenson. The other hamlet, about a mile to the south, was called "Harland".

Little did anyone dream that the Grand Trunk Pacific Railway, when completed in 1908, would lie on the low-lying, water-logged land in between. As so happened in many cases in the early days, the two hamlets had to be relocated on the new site staked out by the railroad engineers who, at the same time, gave it the name "Meighen". The local population was up in arms over the new name; they wanted to name their own town.

Immediately a bone of contention arose over whether the new village should be called Viking or Harland. Only a vote would settle the issue.

Wily Ben Gray, of the Viking side quietly persuaded the Scandinavian ladies to vote, which was all that was needed to carry the day for "Viking". The Harland side was caught napping because, in those days, women had the vote but they rarely made use of it. It was left up to the menfolk to take care of such matters. As several other names had also been forwarded to the government, another hurdle for the name "Viking" had to be conquered. However, the government approval finally came through and so "Viking" came into being.

In 1914, Viking was put on the map as the natural gas capital of Northern Alberta, when No. 1 well blew in to open up a large gas field in the area. The Viking gasfield supplied Edmonton and all towns in between for many years.

Today Viking is an up-and-coming town with a population of approximately 1,200, and is the only town of its size in Alberta to have all paved streets and avenues. It lies at the crossroads of Highways 14 and 36 about 80 miles east of the city of Edmonton.

It is here, as in all localities of the western provinces, that the solid foundation laid by the hardy pioneer men and women has become a heritage of those who follow and it behooves them to reach ever forward and upward to further their goal of a quality life.

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WINNERS of the Early Bird Draw at Camrose on March 22 were:

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Ruth Neilson

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PRIZES

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— \$100.00 Cash
— \$75.00 Cash
— \$25.00 Cash

Early Bird draw tickets will be re-entered for the Final Draw.

Send to: Sons of Norway Torske Klubben, 9111 - 142 St., Edmonton

Books and Articles

SCANDINAVIAN STUDIES BOOK CENTRE

In response to the growing demand for a central source of English-language Scandinavian and Scandinavian-American publications, Paul Rusten has opened a Heritage Resource Center in Minneapolis.

The Center has been designated as the central retail and trade distribution agency for all book publications of the American-Scandinavian Foundation (New York) and the Norwegian-American Historical Association (Northfield, Minn.). Requests for information about these book collections and orders from individuals, schools or bookstores should be directed to: The Heritage Resource Center, Box 26305, Minneapolis, Minn. 55426, U.S.A.

The Center will seek to give these and other collections wider distribution, speedier service and more extensive introduction of new titles, course texts and advance warning of books going out-of-print. Heritage Resource Center will also develop and offer Scandinavian Studies course outlines.

Mr. Rusten, an educational film-maker who also teaches film production at Augsburg College, has announced that Heritage Resource Center will produce tape cassettes to supplement existing language texts and will be creating audio-visual materials on the cultural histories of the Scandinavian countries.

THE NORSEMAN, illustrated bimonthly review published by Nordmanns-Forbundet (The Norsemen's Federation), Rådhusgaten 23b, Oslo 1, Norway. Annual subscription: \$8.00. Among articles in No. 6, 1974: "To Present All the News" by Torolv Kandahl; "A Ship from Norway", "Poetry and

Volcanos" (about the composer, Arne Nordheim) by Anne Alnæs and "Quarter Century on the Road" (The State Traveling Theatre) by Kari B. Svendsen.

THE FOLK ARTS OF NORWAY by Janice S. Stewart. The isolated valleys and scattered farms of Norway harbor a folk art tradition that is among the richest in the world. The arts of painted floral decoration, woodcarving, metalworking, silverworking, weaving, embroidery and costume-making have been developed over the centuries and are still being practiced today. The book includes a brief sketch of Norwegian history, emphasizing the geographical, social and economic factors involved in the development of rural arts and showing how these factors have influenced variations in style from one region to another. (Published by Dover Publications, Inc., 180 Varick St., New York, N.Y. 10014. Total of 219 illustrations, including 20 in color. Index and bibliography 246 pp. Paperbound \$5.00).

EKTE NORSK MAT (Authentic Norwegian Cooking) by Astrid Karlsen Scott includes Norwegian recipes for holiday baking, fish, meat, soups, sauces, pastries, breads, open-faced sandwiches, appetizers, poultry, desserts and candies. One chapter is devoted to Norwegian table setting. Published by: Sons of Norway—3rd District, c/o Astrid Scott, 26 Ranlett Lane, Billerica, Mass. 01821, U.S.A. (275 pp. 20 illustrations. Hard cover \$7.00).

GREAT IMMIGRANTS by Cecyle S. Neidle, editor of the Immigrant Heritage of America Series. Ms. Neidle received her Ph.D. from the Department of American Civilization at New York

University and has had a life-long interest in the immigrant and in the lives and personalities of those who have created today's America.

The drama inherent in the immigrants' situation unfolds itself in the story of each of the 12 immigrants portrayed in this volume, whether he was fortified by education, ignorant, unskilled or poor.

One chapter is devoted to the Norwegian immigrant Ole Edvart Rølvaag, who started as a hand on his uncle's ranch in South Dakota and became an author and professor at St. Olaf College in Northfield, Minn.

Published by Twayne Publishers, Inc., 70 Lincoln St., Boston, Mass. 02111 (274 pp., \$8.95).

BOUVETØ-THAT CHILD OF THE MIST, is the title of an article by Michael J. Mooney published in the Jan.-Feb. 1975 issue of **OCEANS**, Journal of the Oceanic Society, 3131 Fillmore St., San Francisco, Calif. 94123, U.S.A.

IBSENARBOK (IBSEN YEAR BOOK) 1974, edited by Daniel Haakonsen, Else Høst, Einar Østvedt and John Northam reflects trends in today's interpretations and research on Henrik Ibsen's writing. The book contains articles on Ibsen and the Modern Tradition by Otto Reinert, Language in Vildanden by Thomas van Laan, The Crutch Is Floating by Arne Røed, Patterns of Interaction in Ibsen's Ghosts by David Thomas, Ghosts Seen from an Existential Psychology of Some of Ibsen's Later Plays by Frances Grain. (Published by Universitetsforlaget, Blindern, Oslo 3, Norway. 241 pp. 25 kroner or \$5).

A weekly English-language newspaper, **The Northern Star**, has started publication in Stavanger. The paper addresses itself mainly to American personnel connected with the North Sea oil operations. Address: Lassaveien 13, P.O. Box 398, 4001 Stavanger, Norway.

Skiing in Norway

By Joyce Keeley
With Permission from
Ski Canada Journal

SKIING—it all began in Norway—can be traced back there 4,000 years. A hundred years ago when the word "ski" was hardly known anywhere else in the world, there were nearly 50,000 Norwegians skiing.

The first tales of the Norwegians and their skiing to reach Central Europe concerned their achievements in ski jumping. People read with astonishment that Norwegians could fly many meters through the air with

Scandinavian Seminar

Scandinavian Seminar is a unique learning experience in Norway, Denmark, Finland and Sweden. Since 1949 some 2,000 Canadians and Americans have participated in this program.

Students learn best when they live abroad not as "permanent tourists" but as "short-term immigrants". The key to entry into a new culture is the ability to think and speak confidently in the language of the country. The Seminar's learning strategy is total immersion. Students live for one academic year in a completely Scandinavian environment, usually miles away from other American students, where they acquire fluency in the language and become comfortable in the culture.

Eligible are college undergraduates, graduates and others who are interested in the Seminar's living and learning experience in Scandinavia. No prior knowledge of a Scandinavian language is necessary to apply to the program. When accepted, candidates will receive language tapes and other study materials as an

"a pair of wings of wood fastened to their feet".

Skiing is Norway's national sport and it's been said often before "Norway is the home of the skier".

A lot of North Americans have some funny ideas of Norway—that it's a cold country, has limited daylight hours, that the language is difficult, and so on. But none of that is true.

Norway is a beautiful country with scenery unlike anywhere else in the world. It's a land of magnificent fjords, mountains, lakes and warmhearted people. Their second language is English, so there's never a tongue-twisting problem to face.

Variety is fun and if you want to challenge your technique this winter, why not take a ski holiday in Norway.

For the Alpine skier Voss is the leading resort. After all they hosted World Cup races in 1970 and 1974, proving they have lots to offer every caliber of skier. You can also cross-country ski to your heart's content at Voss. But if you are a real cross-country buff, then Geilo should be your choice.

The town of Voss, with a population of 1,500, is settled on Lake Vangsvanet in the folds of the range of mountains between two huge fjords—Sogne and Hardanger—and is only 50 metres above sea level. Behind the town the mountains rise abruptly. A 5-minute ride in the cable car takes you up to the chairlifts that go to the 2,780' summit with the most breathtaking views of fjord countryside.

The season here starts around December 1 and lasts till the end of April with the same daylight hours

Continued on Page 10

introduction to the new language.

Toward the end of July the students are transplanted overnight into a new country, a new language, a new people and a new way of life when the Seminar group leaves New York for Scandinavia. Each Seminar student is placed individually in a unique Scandinavian learning community designed essentially for young adults: a Folk High School, which is neither a high school nor a college in the American sense. Folk High Schools are mostly small (usually about 50 to 100 students), residential, and co-educational, facilities where the communal aspects of life are stressed, and the educational experience is grounded in a close relationship between teachers and students.

There are as many kinds of Folk High Schools as there are schools; they also differ from country to country. Some are in rural areas; others are near or within cities or towns. Each school derives its distinctive personality not only from its director and faculty but from its sponsor—such as a church, trade union or community organization—and from the composition of its current student body. Curricula vary considerably. Generally there are basic courses in the liberal arts, literature, history, philosophy, government, sociology, economic systems and comparative religion, taught from the Scandinavian point of view.

As a one-year independent study-abroad program, the Seminar itself does not grant credit directly. It can only make recommendations. Each student's evaluation is an extensive report which is sent at the student's request to the home college or other institution. Depending on what the student has accomplished, the Seminar recommends that up to a year's credit (about 30 semester hours) be granted by the college. Over the past years, close to 150 colleges and universities have granted full or partial credit for a year with the Seminar.

COST OF SEMINAR

The fee of \$3,200 covers tuition, room and board, one-way transportation from New York to Scandinavia, and all Seminar-connected travel within Scandinavia. It does not include personal expenses, books, materials used at school or return transportation. On the basis of financial need, limited interest-free loans are available, as are a few special scholarships.

For further information and application forms write to: Scandinavian Seminar, 100 East 85th St., New York, N.Y. 10028. The deadline for applying for the 1975 program is April 15.

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NEWS FROM ANSGAR LUTHERAN

By Holger N. Madsen

It looks as though spring may be early this year, however, that is something which we are never sure about. But there is one thing which we are certain of and that is the 13th ANNUAL SPRING SUPPER AND BINGO will be held this year at the Scandinavian Centre on Fri., April 18, at 6:30 p.m. This annual event, sponsored jointly by the Danish Ladies' Club and the Men's Club of Ansgar, is a time which many people set aside especially for visiting with old friends, and to make new acquaintances. It is an evening of good food prepared in true Danish fashion by the ladies and served by the men. And you don't have to be a Dane to enjoy this evening, you just have to be fond of good food and fellowship. So you'd better plan now to join us this year. Better yet, you should make preparations to make sure that you will be included. GET YOUR TICKETS NOW from any member of the Danish Ladies' Club or from a member of the Men's Club. Phone Neils Gran at 422-8777, Pastor Madsen at 467-3492, Ove Klostergaard at 466-8801. Don't put this off for another day! All tickets MUST be purchased on or before April 13, at the very latest.

This Annual Spring Thing is not only eating, there are

also opportunities provided for you to win some valuable prizes at the Bingo that follows the supper. So if you want to participate in one of the most filling evenings, make arrangements NOW to assure that you will be at the 13th ANNUAL SPRING SUPPER AND BAZAAR, April 18 at 6:30. See YOU there.

Today we received the first of what is generally quite a number of Seed Catalogues, and that reminded me of something else. Before you make plans this year to go somewhere to buy all your bedding plants, tomato plants, etc., etc., don't forget that the Ansgar Ladies' Aid will be holding their SPRING BAZAAR on May 17 at the Eastwood Community Hall, and there you will have lots of opportunity to buy your bedding plants, as well as some fine baking and needlework. And as if there were not enough, the Ladies will also have two lucky draws. The first one features a \$500 cash prize, and the other one has two prizes—#1 is a fancy crocheted sofa throw, and the #2 prize is a boy's 26-inch, 3-speed bike.

These tickets will be coming out in the next Ansgar Newsletter and will also be available from the Ladies' Aid members. If you don't see any tickets around—ask and we shall see that you get some. □

THE 1975 OSLO INTERNATIONAL SUMMER SCHOOL

The University of Oslo International Summer School will hold its 28th session June 28-Aug. 8, 1975. All lectures will be given in English at both the general and graduate levels. Founded in 1947, the school has so far received over 7,500 students from 109 countries. In 1974, the total number of students was 273, of whom 147 came from Canada and the United States.

The Summer School provides lecturers from Norwegian industry and government as well as from the Oslo University staff and guarantees the educational standards of the courses. Applicants must present evidence of enrollment at a recognized university in their own country. American applicants must have completed their college sophomore year.

The essential purpose of the International Summer School is academic. The courses centre on various aspects of Norwegian and Scandinavian culture. The Norwegian experience will also be taken as a basis for discussion of social and cultural problems on an international scale. In addition to academic instruction there are international evenings, informal get-togethers, sports and excursions.

The University of Oslo will issue a Certificate of Achievement to students who satisfactorily complete the Summer School courses. Credits may also be certified for American students.

The cost of attending the Summer School will amount to 4,500-6,500 Norwegian kroner (\$900-\$1,300). The general course covers Norwegian art, applied arts and crafts, language, history, music, literature, economics, politics and society and Norway and Scandinavia in international relations.

GRADUATE AND ADVANCED COURSES

Educational System of Norway gives the background and a description of the Norwegian school system, including comparison with the systems of other Scandinavian countries and Great Britain.

Graduate Seminar in Scandinavian Education. The seminar is based on and supplements the preceding course, with emphasis on comparative education. Participants will be requested to give short descriptions of the system and current problems of schools in their home countries.

Physical Education in Scandinavia is primarily intended for physical education teachers in elementary and secondary schools and colleges.

Urban and Regional Planning in Norway examines

By Lili Nielsen

DANIA'S EIGHTH AND FINAL WHISTDRIVE of the season will be held on April 8, 1975, at 8:00 p.m. in the Dania Room of the Scandinavian Centre.

BIKUBEN will meet on the third Monday of the month for the month of April. We hope to see you all on the 21st.

Our April dance will be held on Sat., April 19, 1975, at 7:00 p.m. and as in previous years this evening will be a Banquet consisting of Sild, Snaps and Smørrebrød. Limited tickets at the cost of \$7.50 per person will be available from any of the Board members. Last day for tickets will be April 15, 1975. Get your tickets early to prevent disappointment.

The Danish Society is looking for a Danish girl or a girl of Danish descent to represent Dania in the annual Queen Contest in the Scandinavian Centre. The girl must be 18 years old or over. Anyone interested in this contest please contact Mr. Tage Aaqist for further information. Telephone 475-3520 as soon as possible as the contest will be held in May. □

Norwegian urban and regional planning, the planning control system, the legislative framework and the planning process. The course also includes a brief description of the geographical, economic and social environments and consideration of Norwegian planning at town, regional and district levels.

Environmental Protection and Regional Planning in Norway examines Norwegian regional planning, the coordination of economic growth and management of the environment in terms of nature conservation and pollution control.

Trends in Labor-Management Relations includes a general discussion of labor-management relations, industrial democracy and industrial development. The development of working life in Norway is taken as a point of departure. Emphasis will be placed on the promises and problems which appear to be inherent in the development of Western technology and industrial organization.

Economic Planning and Public Administration. The course will acquaint civil servants who are also university graduates with methods of economic programming and administrative planning techniques used in Norway. Particular

reference will be made to practical problems of interest to developing countries.

Graduate Seminar in Norwegian Literature consists of two independent seminars. The first seminar will deal with works of Knut Hamsun and Tarjei Vesaas, the second with works of Henrik Ibsen and Sigrid Undset.

Graduate Course in Medieval Norwegian History and Art covers the period from A.D. 800 to 1318 and includes the following themes: Viking society and institutions, the consequences of Christianization and the process of state-building in the Middle Ages; the Norwegian economy and society in the High Middle Ages and its singular character compared to other European countries.

Graduate Course in Peace Research is offered in co-operation with the staff members at the International Peace Research Institute in Oslo. The course aims at providing the students with perspectives, theories and research findings of the newly-emerging discipline of peace research.

Medical Care and Public Health Services in Norway is a course held in cooperation with the Norwegian Directorate of Health. SCHOLARSHIPS

A number of scholarships and grants are available for Americans who want to attend the Summer School. Scholarship applications must be accompanied by a completed form for admission. Request for information and forms should be addressed to Mrs. Jo Ann Kleber, Administrator, Oslo Summer School, North

American Admissions Office, St. Olaf College, Northfield, Minn. 55057, U.S.A. Scholarship recipients must agree to take a full program of courses and to sit for mid-term and final examinations or write term papers in order to qualify for the Certificate of Achievement. □

SUMMER STUDIES IN BERGEN

The University of Bergen will arrange a summer course in Norwegian language and culture for foreign students who study Norwegian in their home countries. At least one year of college-level Norwegian is required to attend the three-week course. All lectures are in Norwegian.

Applications or requests for further information should be addressed to: The Scandinavian Institute, University of Bergen, N-5014 Bergen, Norway. The application deadline is April 15. □

UNKNOWN HEIGHTS

Lois M. Anderson

There are unknown peaks of knowledge
In the region of the mind.
But few men reach their summits,
And few men ever find
The hidden paths of wisdom,
And the trails that twist and wind,
To reach the shining mountains
In the altitude of mind.

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FINNISH SOCIETY



By Elmer Kankkunen

This year at our annual "Laskiaset" ski outing we held our first ever cross-country ski race over one of the public ski trails at Elk Island Park. The turnout was very good as the weather was beautiful, in fact a bit too mild for good timing results. As it was a public trail, other skiers were also out in full force and were surprised and, in some cases, irked by the spectacle of our racers yelling "track" behind them and then passing by at full speed.

In the Senior Men's Race, Matti Moisio's performance was of such a calibre that he should consider participating in some of the major competitions.

In the Senior Women's, Sylvi Kankkunen was seriously challenged by her daughter, Susan, followed by a surprisingly strong showing by Anneli Thurlin. Competitors in the Junior classes also tried hard, one might say that what they lacked in skill, they made up in spirit. In this regard the club will be in a position next winter to offer cross-country ski courses to interested members and their children.

Courses will be conducted by qualified instructors and will be free of charge

to club members.

RESULTS

SENIOR MEN'S — 5 km.

1. Matti Moisio
2. Jaakko Thurlin
3. Heikki Sario

SENIOR WOMEN'S — 5 km.

1. Sylvi Kankkunen
2. Susan Kankkunen
3. Anneli Thurlin

JUVENILE BOYS' — 5 km.

1. Tim Sahuri

JUVENILE GIRLS'

1. Marleen Kankkunen
2. Anita Lindstrom

MIDGET and NOVICE BOYS'

1. Andy Kankkunen
2. Roy Haikarainen

MIGHTY MITES'

1. Paul Thurlin
2. Erik Thurlin
3. Harri Kanerva

The Rastas' household was filled to capacity for the Kalevala celebration and general meeting Feb. 28. Mr. Rastas read several selections from the Kalevala and readings were followed by discussion on the significance of "Kalevala" to our Finnish culture.

The Kalevala is our Finnish national epic comparable to Homer's Iliad and Ulysses in Greek mythology. The preservation of the Kalevala verses is remarkable because they are estimated to be over three thousand years old. They were passed on from generation to generation by recitation until the early 1800s when Elias Lonrot proceeded to collect and compile them. He travelled far and wide in Finland, also to the old Karelia area of bordering Russia, and to Estonia, enquiring about old poems. The Kalevala was first published in book form in 1835 and soon received recognition as the cornerstone of Finnish literature and culture.

The origin of the Kalevala verses is lost in the mists of time. It is believed that they date back to the time when the Finnish tribes lived much farther south, possibly in the vicinity of the Black or Caspian Sea. The Finns also seem to be related to tribes which still live on the steppes of Tibet and upper plateaus of Central Asia.

Supernatural birth is found in the Kalevala verses, the teachings of Buddha and ancient Chinese teachings. The Kalevala verses indicate a past culture which lived in harmony with nature, believed in re-incarnation, supreme beings. The struggle between good and evil is also portrayed and in the final chapters the withdrawal of wise old Vainamoinen and the baptism of a new king probably symbolizes the beginnings of the Christian era in the eleventh century.

At the general meeting held after the Kalevala readings it was decided to increase the club's educational bursary from \$50 to \$100. This is available to members' offsprings at

NORWEGIAN-CANADIAN SKIER OF THE YEAR

The 99-year-old Norwegian-Canadian skier, Herman Smith-Johanssen, was recently proclaimed "Skier of the Year" during a luncheon at Gallagher's, New York's famous sports restaurant. Smith-Johanssen, Jack Rabbit, as he is called, was awarded the Dubonnet Cup by TV commentator Lowell Thomas for his contribution to skiing. Smith-Johanssen, who emigrated from Norway in 1894, still skies every day from his lodge in Piedmont in Quebec.

Present at the luncheon were 150 guests, among them the Norwegian Consul General in New York, Eigil Nygaard, and Director Per Prag of the Norwegian National Tourist Office. President Ford sent a telegram to the guest of honor saying: "One hundred years old and still skiing! You are an example to all of us." □

I firmly believe in Divine "providence" . . . Without God the world would be a maze without a clue.

—Woodrow Wilson

Experience is simply the name we give our mistakes.

—Oscar Wilde

the university entrance level.

Desirable dates for 1976 Scandinavian Centre bookings were determined and ice fishing competition details were worked out. E. Kankkunen was appointed to investigate the various types of government grants which may be available for cultural pursuits.

The Finnish Ambassador, Niilo Pusa visited with club members at a coffee party reception on March 12 at the Scandinavian Centre. The main purpose of his visit was to seek out suitable candidates for the office of Vice Consul of Finland, a position left vacant by the death of Mr. Ross last year. Among other qualifications, the candidate should be business oriented and have a record of interest or close contact with the Finnish community.

Mrs. S. Vesalainen wishes to thank the Finnish Society and all her friends who arranged a surprise party on Jan. 11 to celebrate her 65th birthday.

Mr. Martti Haikarainen also wishes to thank all his friends for the party held March 1 marking his 50th birthday.

Did you see the March issue of *Sphere*? This special issue is dedicated to Finland from cover to cover and contains many interesting articles on Finnish products, recipes, etc.

COMING EVENTS
May 3, 1975

Vappu juhla at the Scandinavian Centre. Dancing to live music, supper, skiing and fishing competition awards. □

HALL OF FAME NOMINATIONS WELCOMED

By John Andrew
Provincial Agriculture Department

Albertans who have made outstanding contributions to the development of agriculture, either in the province or elsewhere in Canada, are potential candidates for the "Alberta Agricultural Hall of Fame".

The Hall of Fame is open to any Canadian citizen who has made a notable contribution to agricultural life. This is the highest honor bestowed by Alberta Agriculture.

Nominations for the Hall of Fame will be welcomed until July 1, announces Minister of Agriculture, Hugh Horner.

Nomination forms are available from J. R. Andrew, Head, Nominations Branch, Alberta Agriculture, at 9718 - 107 St., Edmonton.

Supporting evidence of the nominee's achievements should accompany all nominations.

Either professional or voluntary involvement in agriculture qualify a person for the Hall of Fame, if the nominee has made outstanding contributions in his or her specialty. The selection committee will give preference to people closely associated with practical aspects of agriculture, such as farmers and ranchers. However, agricultural businessmen and professional agrologists are also eligible for nomination.

The selection committee for 1975 Hall of Fame nominations will be chaired by Dr. J. G. O'Donoghue, Assistant Deputy Minister of Agriculture. Other selection committee members are three men and two women appointed from different regions of Alberta.

The Alberta Agricultural Hall of Fame was established in 1950. Since then, 25 outstanding Albertans have been named for this honor. Five people were accepted in 1974: Winifred Ross, Carl J. Anderson, William H. Fairfield, Lalavee R. Jensen and Francis W. Maddock. □

NORDIC LAPP INSTITUTE IN NORWAY

A Nordic Lapp Institute has been established at Kautokeino, in northern Norway, at the initiative of the Nordic Council of Ministers. The Institute is to conduct research, service and educational activities among the Lapp population of Norway, Sweden and Finland. There is a staff of six, led by a Lapp. Work on registering Lappish cultural monuments has already begun. This also involves the preparation of a Lappish history textbook, written by Lapps in Lappish. ***

THE WORLD CONFERENCE ON HARNESS RACING will be held in Oslo, Norway, on June 2 through 8. □

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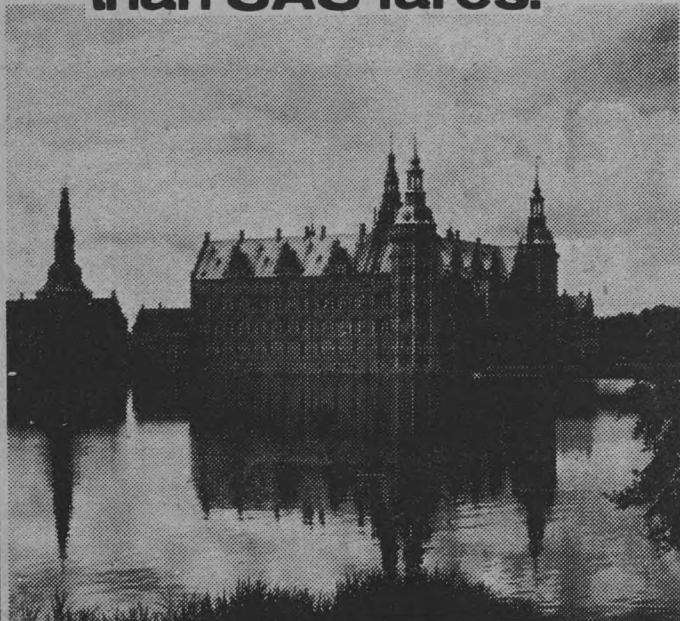
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Kitchen Corner

QUICK MIXES OF YOUR OWN

Many of the prepared mixes which we find on the grocer's shelves today had their beginning in the kitchen of yesterday's homemaker. In the hurry-scurry pace of today's activity, many homemakers have turned to the prepared mixes as a time-saver. However, the time saved is not always in proportion to the additional cost of the prepared mixes. By using a small amount of time on a less busy day, the homemaker can mix several of her own prepared mixes for use when time is at a premium.

BISCUIT MIX

8 cups sifted flour
1/4 cup double-action baking powder
4 teaspoons salt
1 1/2 cups shortening

Sift baking powder and salt with 2 cups of flour into a large mixing bowl. Add remaining 6 cups of flour. Stir. Drop shortening by spoonfuls on top of flour mixture. Cut in shortening with mixer at low speed till mixture looks like coarse meal. Store in a covered container. Makes about 11 cups (2 3/4 lbs.). Do not refrigerate. Will keep 6 to 8 weeks in your cupboard. Recipe may be doubled. Mix in large roasting pan. Biscuit mix may be used in any recipes calling for commercial biscuit mix.

BISCUITS

2 1/4 cups homemade biscuit mix
2/3 cup milk

Stir milk into biscuit mix. (Mixture should be soft.) Turn onto pastry cloth or board, dusted with flour. Knead gently 2 or 3 strokes. Pat or roll out 1/2" thick. Cut with floured cutter. Bake on ungreased cookie sheet, 425°, 12 to 15 minutes. Makes 12 to 15 biscuits.

PANCAKES

2 eggs, beaten
1 tablespoon sugar
1 cup milk
2 cups homemade biscuit mix

Add sugar and milk to eggs. Stir in biscuit mix. Mix only until thoroughly dampened. Bake on hot griddle. Turn when top bubbles start to break. Makes about 16 medium-size pancakes.

CAKE MIX

8 cups sifted cake flour
5 cups sugar
1/4 cup baking powder
4 teaspoons salt
2 cups shortening

Mix dry ingredients. Drop shortening by spoonfuls

onto dry ingredients. Blend at low speed of electric mixer or cut in with pastry blender till consistency of corn meal, scraping bowl and beaters frequently. Makes 14 cups, enough for 4 two-layer cakes. To store, keep in tightly-covered container at room temperature. Do not refrigerate. Cake mix will keep 6 weeks in your cupboard; several months, if stored in cool, dark place. To measure: Do not sift cake mix. Spoon lightly into measuring cup; do not pack. Level with spatula.

VANILLA QUICK CAKE

Have ingredients at room temperature. Use two 8" round pans. Line bottoms with plain paper (not wax). Do not grease or flour. 3 1/2 cups homemade cake mix
3/4 cup milk
1 1/2 teaspoons vanilla
2 eggs

Combine milk and vanilla; add half to cake mix. Beat 2 minutes at medium speed of electric mixer (or 300 strokes by hand). Add remaining milk and eggs. Beat 2 minutes more. Turn into prepared pans. Bake at 375° about 25 minutes. Cool in pans on rack 10 minutes then turn out on rack.

PINEAPPLE

UPSIDE-DOWN CAKE

Have ingredients at room temperature. Heat oven to 350°.

TOPPING

Melt 3 tablespoons butter or substitute in 8" x 8" x 2" pan. Cover evenly with 1/2 cup (packed) brown sugar. Over sugar arrange 5 or 6 well-drained pineapple slices and maraschino cherries.

MAKE BATTER

2 1/3 cups homemade cake mix
1/2 cup milk
1 teaspoon vanilla
1 egg

Combine milk and vanilla; add half to cake mix. Beat 2 minutes at medium speed of electric mixer (or 300 strokes by hand). Add remaining milk and egg. Beat 2 minutes more. Pour over fruit in pan. Bake about 40 minutes. Cool in pan 3 or 4 minutes, then turn out on serving plate.

PEACH UPSIDE-DOWN CAKE

Follow recipe above, making these substitutions: In topping, use canned peaches instead of pineapple. In batter reduce vanilla to 1/2 teaspoon and add 1/4 teaspoon almond flavoring.

How Are Your Eating Habits?

WHAT'S YOUR NUTRITION I.Q.?

By John Andrew
Provincial Agriculture Department

Are you aware of the importance of good nutrition to your physical and mental well-being?

Below is a questionnaire submitted by Jan Williams, District Home Economist at Stettler, to test your nutrition I.Q. The answers are at the end.

Circle the number which is the correct answer for each question:

1. What do you need energy for in the body?

(a) To supply needed vit-

If you like short ribs, try them this way. They are really tasty.

SHORT RIBS

4 lbs. Beef Short Ribs
2 tablespoons cooking oil
2 medium onions—sliced
1 — 15 oz. can tomato sauce (2 cups)
1 cup water
1/4 cup brown sugar
1/4 cup vinegar
1 teaspoon salt
1 teaspoon dry mustard
1 teaspoon worcestershire sauce
6 oz. medium noodles
1 cup water

Brown meat in hot oil—add onions. Blend together tomato sauce and first cup of water, brown sugar, vinegar, salt, dry mustard and worcestershire sauce and pour over meat. Cover and simmer for 2-2 1/2 hours or until meat is tender. Skim off fat. Stir in noodles and 2nd cup of water. Cover and cook, stirring occasionally for 15-20 minutes more until noodles are tender. Serves 6-8.

SCANDINAVIAN RECIPE

FOR APRIL

RULLU PYLSA

(lamb roll)

By Runa Frederickson

4 1/2 lbs. lamb flanks, deboned but left in one piece. Remove as much fat as possible. Soak meat overnight in a brine of:

2 tablespoons salt
1/4 teaspoon saltpetre
Water to cover

Drain and wipe dry. Lay meat flat on table, boned side up, and sprinkle with a mixture of:
1/2 teaspoon cloves
1 teaspoon allspice
1/2 teaspoon pepper
1/4 teaspoon saltpetre
2 medium onions, chopped fine

Roll as you would a jelly roll. Sew ends and edge with needle and thread. Wind string tightly around roll and tie. Wrap in waxed paper and put in plastic bag. Put in refrigerator for four days. To Cook: Cover with boiling water and simmer 2 hours. Remove from water. Place between two flat surfaces with weights on top to cool, and leave overnight in a cool place. Remove string and thread. Chill. Serve sliced very thinly on brown bread. □

amins and minerals to the body.

(b) To supply water to the body.

(c) To stay alive, for activity and for growth.

2. Which three of these substances in foods gives calories to the body?

(a) Carbohydrate, protein, and fat.

(b) Fat, vitamins, and minerals.

3. How many calories do you think a pound of fat has in it?

0 750 1000 1250 1500 1750
2000 2250 2500 2750 3000
3250 3500 400

4. If you wanted to lose a pound a week, how many calories would you have to subtract from what you usually eat each week?

0 500 1000 1500 2000 2500
3000 3500 4000 4500 5000

5. How many calories would you use up in one-half hour by these activities?

(a) Sleeping: 1-100 101-200
201-300 301-400 401-500 calories

(b) Walking briskly: 1-100
101-200 201-300 301-400
401-500 calories

(c) Swimming: 1-100 101-200
201-300 301-400
401-500 calories

6. Vitamin C is important for:

(a) Blood clotting.

(b) The formation of connective tissue.

(c) Vision and healthy skin.

7. What is cholesterol?

(a) A fatty substance made by the body and also present in any foods of animal origin; may be related to heart disease.

(b) A type of sugar which is very high in calories, present in foods of vegetable origin: may be related to underweight.

(c) A protein present in animal foods; aids in the growth and development of the heart.

8. How much protein should we eat each day?

(a) About 1 gram for every 2 pounds of body weight.

(b) About 5 grams for every 2 pounds of body weight.

(c) About 10 grams for every 2 pounds of body weight.

ARCTIC LUXURIES

From Denmark Review

Greenland, the world's largest island, has launched a new ready to serve food product on the world market. As a snack, or a solid meal, at home or in canteens, snack-bars, etc., Greenland Rolls are a tasty change from fish and chips. Made of skinless, boneless cod fillets baked into a lightly seasoned batter which goes crisp during cooking (deepfryer, pan or grill) they have already been dubbed "Arctic Spring Rolls" by Copenhagen wits.

The manufacturer, The Royal Greenland Trade Department, also produces cod tail fillets, skinless, boneless, breaded or unbreaded, a fine fish meal for anyone, made from the best part of the cod fish. The Royal Greenland Trade Department's canned and frozen prawns are already world known in the two qualities, Golden Disko and Ice Cap. These prawns are taken from the crystal clear waters off Greenland's coast, cooked, peeled, sorted and packed within hours, and then shipped to export markets.

Other fine food in the Royal Greenland range includes frozen halibuts and catfish, lumpfish roe, and even Ice Cap Rocks, 2000 years old and absolutely pure mini-icebergs for drinks.

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9. By the time a baby is three months old, what nutrients other than those found in milk does he need in his diet?

(a) Sources of iron, vitamin C and perhaps Vitamin D.

(b) Sources of calcium and riboflavin.

(c) Sources of protein and fat.

10. When bread is enriched, what does this mean?

(a) It has extra sugar which has been added to it.

(b) It has certain B vitamins and mineral added to it.

(c) It is richer in protein than regular bread.

Continued on Page 10

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Letter

Dear Mr. Morris:

You have been most kind in the past publicizing the work in the field of relief and rehabilitation which our organization is involved in and I wonder if we might solicit your help once again at this time.

Our Edmonton Branch (Unitarian Service Committee of Canada) is in great need of volunteers, at this particular period ladies with sewing machines who will help assemble quilt squares into quilts which are urgently needed by destitute families in Bangladesh and in the refugee camps in Vietnam.

A group of elderly ladies at the Retired and Semi-retired Ass'n have made over 1,000 quilt squares and stuffed them with cut up pieces of nylons but due to arthritic hands or lack of sewing machines they are unable to assemble them into quilts.

May we ask you to appeal to your members for ladies with a little time and a sewing machine to help us? Everything else is provided for them. Phone 477-8958.

Many thanks.
Mrs. Christine M. Warr
Chairperson
Edmonton Branch USC
11319 - 58 Street
Edmonton, Alta. T5W 3W6 □

NORWEGIAN INFLUENCE

The University of Minnesota, Duluth, will arrange a conference on the Norwegian influence on the Upper Midwest at the Marshal Performing Arts Center May 22-24.

Several Norwegian scholars, all leading experts in their fields, will participate in the conference. Among them are Professor Ingrid Semmingsen of Oslo University, who will speak on "Norwegian Emigration in Nordic Perspective", and Professor Sivert Langholm, also of Oslo University, who will speak on "Migration from Rural to Urban Norway: A Prelude to Emigration". Another guest from Norway will be Carsten Hopstock, First Curator of Norsk Folkemuseum in Oslo, who will deliver a lecture on the activities of his museum. He will be supplemented by Professor Marion Nelson of the University of Minnesota, scheduled to lecture on "Folk Art Among the Norwegians in America".

Among the leading Norwegian-American scholars who will take part in the conference is Einar Haugen, Professor of Scandinavian and Linguistics at Harvard University. He will speak on "A Case of Grass-Roots Historiography".

Other speakers and

SUCCESSFUL RACE FOR LIGHT IN COLORADO

Colorado Governor Richard Lamm and Norway's Erling Stordahl were the first skiers to start in the Race of Light in Summit County, Colorado, on Feb. 23. The first cross-country skiing event for the blind in the United States, it attracted 57 blind and other handicapped participants, including 15 from Norway, 37 from the United States, 3 from Canada and 2 from Uganda. The skiers had sighted guides, most of them Norwegian university students in the United States. Søren Chr. Sommerfelt, the Norwegian Ambassador to the United States, was a guide for blind skier Bud Kaeth from Washington, D.C., who had never skied before coming to Colorado for the Race of Light.

Kaeth and his friend, Oral Miller, who work for the Department of Health, Edu-

topics at the conference will include:

Harald Naess (University of Wisconsin): "The Image of the 19th Century Midwest in Knut Hamsun's Writings"

Rudolph J. Vecoli (University of Minnesota, Minneapolis): "America Viewed Through the Prism of Ethnicity"

Carlton C. Qualey (Minnesota Historical Society): "Norwegians in the Upper Midwest: Immigration and Acculturation"

Lloyd Hustvedt (St. Olaf College): "Norwegian Literature in America"

Joan Buckley (Concordia College): The Role of the Norwegian - American Woman"

Carl H. Chrislock (Augsburg College): "The Norwegian-American Impact on Minnesota Politics: How Far 'Left-of-Center'?"

For further information on the conference please contact: Professor Matti Kaups, Department of Geography, University of Minnesota, Duluth Branch, Duluth, Minn. 55812, or Vice-Consul Elsie M. Melby, Royal Norwegian Vice-Consulate, Ste. 5, Duluth National Bank Bldg., 2002 W. Superior St., Duluth, Minnesota 55806, U.S.A. □

I never take a nap after dinner but when I have I had a bad night, and then the nap takes me.

—Samuel Johnson

Continued from Page 9

EATING HABITS

ANSWERS:

1. C
2. A
3. 3250 calories
4. 3500 calories
5. For a 150 pound person
(a) 1-100 calories
(b) 101-200 calories
(c) 301-400 calories
6. B
7. A
8. A
9. A
10. B □

cation and Welfare and the U.S. Small Business Administration, respectively, came to Colorado at the invitation of the Sons of Norway. The Minneapolis-based fraternal organization paid for the trips of blind skiers from 12 states plus Canada. Lions of Colorado was a co-sponsor of the event which received extensive television and newspaper coverage both in the United States and Norway. It was the first official event in the celebration of the Norwegian immigration Sesquicentennial.

Vidar Johnsen, a medical student from Oslo and a paraplegic, used a small sled and poled his way through the 2.5-mile course with 3-foot-long bamboo poles, passing several skiers along the way.

Former Olympic skiing champions Haakon Brusveen and Hallgeir Brenden accompanied the Norwegians and helped with instruction and training of skiers, most of whom arrived a week before the race itself. Considering the high altitude (9,500 feet), a few days of getting used to the thin air was necessary for everyone involved.

The Race for Light will probably be repeated in Colorado next year, and a committee is already at work on a 1976 race in Minnesota. Making this an annual event will inspire blind skiers to train and prepare for it, keeping in physical condition on a regular basis.

The event which inspired the first American Race for Light, the Knight's Race in Norway, will be held for the twelfth time with wide international participation on March 23 near the Beitostølen Health Sports Center, whose director is Erling Stordahl.

Skiing, in itself, is not the main thing, says Stordahl, himself blind since the age of 12. "Skiing, and other sports, for that matter, can provide the key to a new awareness of what blind and other handicapped people can do, once they are determined. It could and should lead to more efforts, more research, to make it possible for handicapped people to break out of their isolation and lead more useful and meaningful lives as citizens.

"In the final analysis, all people are 'handicapped' in one way or another. We all need to become conscious of the power within us, of our own human potential. That's really what the Race for Light is all about." □

Continued from Page 6

SKIING IN NORWAY

you'll find right at home. Most of the skiing is done above the timber line with miles and miles of open undulating terrain. Ski the packed runs if you prefer or get off the regular path and ski the untouched powder on wide open spaces.

There's an excellent ski school run by Leif Nilsen, with video tape instruction, the newest GLM teaching methods, mono-skiing, para flying and cross-country instruction. And for a day to remember you can always take a helicopter up higher for bigger thrills. But there are 20 kilometers of slalom and downhill runs already waiting to test your skill.

And there are no lift lines in Voss!

Two rental shops offer the best equipment for both Alpine and cross-country skiing, so you don't have to lug your skis around.

Everyone meets for lunch in the Hangur Restaurant which is conveniently situated at the top station of the cable car. And should misfortune hit you, there is a free helicopter service to take you off the mountains.

The Fleischer's Hotel, built in 1889, overlooking Vange Lake, exudes old world charm. No two guest rooms are alike—all recently done over—and they are most comfortable and cosy. The meals are first class, starting with the smorgasbord breakfast table. Here you can help yourself to juices, eggs, meats, fish, salads, cheeses, rolls, bread, preserves, fruits, cereals, milk and steaming cups of good coffee.

There's a warm atmosphere in the spacious lounges, a bar and a discotheque, "the Flame Spot", for evening fun. But there's also entertainment in the other hotels in town and everything is within easy walking distance.

Fleischer's also have a modern motel adjacent to the hotel in which are self-contained units with their own kitchens—perhaps appealing to families.

If you want to take a day off from skiing, the beauty of Voss is that it is only 1 1/2 hours train ride to Bergen, one of the most beautiful cities in the world, right in the heart of the fjords. The Norwegian trains are comfortable and roomy, there is always a restaurant car and lots of windows to catch the spectacular views.

You can take a sight-seeing bus from the centre of the town, see the mounds of shrimp at the waterfront market which will make your mouth water, see houses nestled in the surrounding hillside, lunch at the lovely Norge Hotel, and poke around fine shops filled with irresistible Norwegian crafts and clothes.

Bergen is also the birthplace of composer Edvard Grieg and his lovely old home full of musical treasures is a great tourist attraction.

And then the Bergen Aquarium has the largest and most varied collection of salt and fresh-water fish and marine fauna in Europe.

There are also some spectacular trips by bus from Voss to the major

Continued on Page 11

Regular weekly flights are available all winter to Aalborg, Aarhus, Bergen, Billund, Copenhagen, Esbjerg, Farsund, Gothenburg, Helsinki, Karup, Kristiansand, Odense, Oslo, Ronne, Skrydstrup, Sonderborg, Stauning, Stavanger, Stockholm and Thisted.



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| <input type="checkbox"/> Danish Society | <input type="checkbox"/> Sons of Norway |
| <input type="checkbox"/> Icelandic Society | <input type="checkbox"/> Some other source |
| <input type="checkbox"/> Vasa Lodge | |

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SKIING IN NORWAY

fjords—Sogne in the north and Hardanger in the south.

If cross-country skiing is what you want, there's nothing to beat ski touring at Geilo, which is about 2 1/2 hours train ride further up the valley towards Oslo.

Geilo—pronounced Yeh-lo—is an outstanding resort nestled in a high valley 800 meters above sea level, surrounded by mountains, overlooked by the stately Halungskarvet peak. Snow falls here in mid-November and lasts until late April.

There are literally miles and miles of well marked touring trails—most above the tree line where you can be in a world of your own. Guides are available, tours can be arranged and if you're a rank beginner, there are two ski schools to help you.

But Alpine skiing is not ignored at Geilo. They boast two chair lifts, 7 T-bars, 17 well prepared runs and miles more if you venture off the regular path. There's also a restaurant at the top of the double chair and no lift lines . . .

People move to Geilo for health reasons because in winter it has a sunny climate with fresh mountain air and the average temperature in mid winter is around 21°. By the end of March you can sit in your bikini if you want.

The resort has 7 first class hotels, many pensions and semi pensions and also ski huts to hire up in the mountains.

The Ustedaalen Hoyfjells-hotel is the newest here and has lots to offer. Comfortable rooms with bath, huge lounges, excellent meals, a well stocked bar, an indoor swimming pool, exercise room, sauna and nightly entertainment with dancing.

And there's lots of night life in Geilo within reasonable walking distance, plenty of taxis around besides. There are piano players in the hotel bars, special festival nights in the Town Hall and folklore evenings for a change of pace.

But probably the gayest spot in town is the luxurious Highland Hotel, where there's dancing in the ball-room nightly to an international orchestra. And try to catch a smorgasbord at noon in the Highland—it's something to behold.

A new adventure for the hardy being offered in Geilo this year is touring Ski Safaris. These will be two and three day trips up into the mountains where you'll sleep on reindeer skins in snow igloos which you'll be taught to dig yourself. Equipment will be taken in by reindeer and sleighs.

Last year this resort came up with another first. They held a mammoth 37 kilometer cross-country race the first Saturday in

May—way up at the highest point in the Finse area, about an hour's train ride from Geilo. 1,287 Norwegians, Swedes, Danes, Swiss, Germans, Italians and Dutch—men and women—took part and it was so successful that it's now to become an annual event.

What clothes to take for both of these resorts? Men should wear a jacket and tie for dinner and ladies either long skirts or pant suits.

A word of caution. Alcohol and tobacco are frightfully expensive in Norway, so, if you imbibe, be sure to pick up your free allotment at the airport—which is two bottles of liquor and two cartons of cigarettes per person. And don't worry—the Norwegian beer is first rate.

Shopping is a fun experience and there are many beautiful Scandinavian crafts to be found.

For a ski holiday with a different flavour, we think you'll find it hard to beat an adventure in Norway. □

Continued from Page 5

SEATTLE

ting hold of such a plant later on, contact him at **Ballard Records, 5512 - 20th N.W. Seattle**, it could be well worth the effort for someone interested in out-of-this-world plants. He said that when he really starts producing them, he will be able to sell them at a very reasonable price.

Of other things I found out from **Herb**, can be mentioned that I have one record released in the States called "Echoes of Scandinavia", and he also told me that the name of the town, Everett, right north of Seattle, is pronounced "Evert".

One day in the record shop, I was introduced to **Herb Marks**, accordion player and leader of "**Herb Marks Edelweiss Band**". There is, of course, a brotherhood between accordion players, and we had lots to talk about. I told him about what I think is supposed to be the world championship oldtime accordion contest in Kimberley, B.C., July 11-12, and he said he had been there with his band already. (By the way, if anyone is interested, contact **Bill Berg** at Mountain Studios, Kimberley. Top prize for Seniors over 16 years—\$1,000—and for Juniors under 16—\$500.)

Herb Marks took me over to meet **Joe Petosa** at Petosa Accordions in Seattle. This was very interesting to me, several times I have had Petosa student model accordions and they have been of extra fine quality. If anybody thinks the accordion is dead and buried, I wish they would go to Petosa Accordions in Seattle. There, a person can see all kinds of them. One was

especially built for the great **Anthony Galla-Rini**—it had 45 keys on the treble side, a bit more than standard. Also saw an older model with "Finto-Klaviatur" as we used to call them in Norway, that is in reality a button-accordion with a keyboard built to look like a piano keyboard. They went out of style years ago, but might be coming back. They also told me that metal grills are coming back, this gives the accordion a sharper sound and will go good with "**Beer Fests**" and such.

Petosa accordions come with interchangeable reeds, that means that a person can buy an extra set of reeds, with a different tuning, it only takes a few minutes to change them and you have an entirely different sounding accordion. **Herb Marks** plays a beautiful Petosa accordion with five-row chromatic C-tuning, or Swedish system as we say at home. I play the B-tuning, or Norwegian system.

The Edelweiss Band has three Long-Playing records featuring Alpine and happy beer fest music. He gave me a copy of each, and **Herb** told me they play all over the West coast and even in Hawaii, and that he plays for beer fests several months of the year. It also turned out that we had some common friends—the members of the Alpine Trio from Calgary that went along to the beer fest we played for at Fort Smith last fall. **Herb** told me he came from East Germany in the first place, that he immigrated to Canada and got married here, but ended up in Seattle where they have a beautiful home, and they are such friendly people and I shall never forget them.

There are a lot of Scandinavians living in and around Seattle. On the street where we stayed, it turned out there were several Norwegian families living there, some were even immigrants. I was told there is a Norwegian businessmen's club with several hundred members, and there are several Sons of Norway lodges in the area. I met **Bernt O. Satre**, an immigrant from Sunmore, practically a neighbour. He sells insurance for Sons of Norway in Seattle and they told me he was one of the most successful in his line of selling in the whole country.

One of the best known industries in Seattle is the Boeing Aircraft Factory. I was told it employs about 50,000 persons.

The city of Seattle is also involved with building a football arena with a roof on it, but it takes time to get finished, the price of labour and materials keep on going up. The original cost estimate has doubled and tripled, but this is nothing new, this goes on all over these days.

Looking at prices in stores in Seattle, you find out

that some things cost less and some cost more than in Canada. One department store docked me one cent on each Canadian dollar and gave me \$9.90 for a ten dollar bill. Back in Canada they docked me again for the American money, so theoretically a person could go back and forth between U.S.A. and Canada and spend ten dollars without buying anything. Of course the thing to do is to go to a bank and get the correct rate.

There was no sign of snow in Seattle in the month of February except for what we could see in the faraway Olympic Mountains. This is fine, only that for someone born and raised in the north, snow and winter seems to be part of life. I believe that for a northerner a place without four distinctive seasons would be boring.

Not that I like Arctic air, but a moderate winter doesn't hurt. Of course Seattle has a cure for all this—a person can get to skiing and snowmobile country in a very short time and a lot of people take advantage of this opportunity, I was told. This shows us that even mild climate and

mild rains is not everything, it may be nice to get away from it once in awhile.

In conclusion, I shall say that U.S.A. is a remarkable country, with also remarkable people. They have the gift of laughter, and they can even laugh at themselves. This is a blessing, for I believe that when a powerful nation starts taking themselves too seriously, we might be heading for trouble.

During our stay in the State of Washington, **Lew** and I visited other places than just Seattle, and I would like to tell you about them some other time. □

Continued from Page 4

POETRY CONTEST

- No more than three entries may be submitted by one poet
- Entries must not exceed 30 lines
- The directors of the contest reserve the right to withhold the prize
- Judges and directors of the contest will not enter into any communication whatever about the contest or individual entries
- Entries must be in English

Reprints of this announcement

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Because I do not wish to have my name used in
the paper, kindly use the following pen name:
.....

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POETRY CONTEST

nouncement may be obtained by sending a stamped self-addressed business envelope to Poetry Contest, W. D. Valgardson, Department of Creative Writing, University of Victoria, Victoria, B.C., Canada. □

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HERITAGE

Chairman of ACHC gave a brief history on the beginnings, purposes and make-up of its membership. What the Council endeavours to do is to give suggestions, on behalf of the ethno-cultural organizations in the province, to the Minister of Culture, Youth and Recreation in the hope that the Minister will be able to adopt these suggestions.

The public meeting is to create a dialogue between the Council and the leaders of the ethnic groups, organizations, etc., in the community.

The chairman, Mr. Decore, said that it was found that the strength of the council was in the public meetings. He hopes that, in the future, to have more of them in various sections of Alberta.

To give a brief outline of what the Council has been involved in, here is a few items of what it has recommended to the Minister.

1. The C.B.C. was going to take a certain Gaelic program off the air; the Council took a stand and the Minister protested to Ottawa. Result — program still on the air, plus the federal government allowed more time to other ethnic groups on radio.

2. The Council recommended a \$15.00-per-child grant for Saturday school instruction—it was passed by the Minister.

I can go on and give a complete list of the Council's recommendations, but some might not be of interest to some people. I can give you one more example—"Heritage Day"! This recommendation came from the Cultural Committee, to Council, to Minister. It was made law of Alberta in early 1974. And the first Heritage Day was celebrated in August of 1974.

The main concern for writing this article for *The Scandinavian Centre News* is to once again bring to your attention a letter with a message from the chairman of the ACHC. The letter states:

"It gives me great pleasure to be writing to you, on this, the first occasion, of the publication of the A.C.H.C. Bulletin. Your ACHC thought it important that such a bulletin be established and recommended to the Honourable Horst A. Schmid, Minister of Culture, Youth and Recreation, Government of Alberta, that this be done. I am gratified to be able to say that the Min-

ister enthusiastically accepted our recommendation for such a bulletin.

"From time to time, the Council will, through this publication, be able to inform you of its activities. I sincerely hope that you will find this beneficial and that the Bulletin will prove to be a service for you. I must add, however, that for the Bulletin to be a real success, We NEED YOUR active participation. We cannot possibly know of all the activities of Alberta's ethno-cultural community unless YOU tell us. Thus, I ask you to please notify us of your planned activities by the 15th day of each month."

Lawrence Decore
Chairman, A.C.H.C.

So, to you, the leaders of the ethno-cultural communities, please take advantage of this Bulletin, and use it. It can be of great value to you. The communication between the ethnic groups in Alberta will increase. You may be able to pick up a new idea for your group by knowing what someone else does. And, most important of all, your A.C.H.C. feel there is a need for such a Bulletin. Let's stand behind them—get your information in and thereby give them your support.

Once again, the deadline for your planned activities is the 15th day of the month. The address for information is:

The Department of Culture,
Youth and Recreation
Cultural Heritage Branch
14th Floor, C.N. Tower,
Edmonton, Alberta □

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MY YEAR

Fredrikstad, Norway.

On Aug. 20, 1973, I left my family for the first time in my life. It was a big step towards independence.

When I arrived at Haugeun, classes were just beginning. I registered in the "praktisk linje"—practical course. The subjects I took were: psychology, Norwegian literature and history, religion, food chemistry, cooking, weaving, embroidery and knitting. At first I had a problem with the language. No one wanted to speak Norwegian to me so I could learn it. They wanted to practise their English, so I took a Norwegian language course one evening a week in Fredrikstad. Soon I was getting along quite well in my classes and I could understand most of what was being taught.

We had quite a combination of countries represented at Haugeun that year. Of the hundred students, 2 were Icelandic, 1 Austrian, 1 Madagascanian, 1 American, and 1 Canadian. I must add here that the Austrian, American, and Madagascanian were Norwegian born but who had lived in those parts of the world for a few years before

attending Haugeun. The rest of the students were Norwegian.

Haugeun is a boarding school so we all lived together in one big community. This was an experience in itself because you learn to cope with many people around you constantly. There's a lot of give and take required in a situation like that and a person soon learns to live with and respect a variety of opinions on a lot of subjects. I found that living in a boarding school was the best way to get to know how other teenagers from another country live, what they like, what they do with their spare time, and how they feel about different things. Most of all we shared experiences and discovered that even though our home countries were thousands of miles apart in distance, we had many common bonds. I would not trade those hours of talking and getting to know 80 other girls for anything.

During school holidays I stayed with relatives in Honefoss. Being very proud Norwegians that made sure that I got a taste of a lot of experiences common to them but not so common to me. For example, I had my first meeting with the Jule Nisse, cross-country skis, an ice fishing rod, and my favorite day of all—17 mai.

I would like to thank the *Scandinavian Centre News* for putting that article in the newspaper. If it hadn't been there that fateful day, I would not have had the joys and experiences I had the good fortune to receive. I learned a lot about a country I could never come to know by just vacationing there.

I have now become a lot prouder of my national origin. Just as I am very proud to be a Canadian, I am equally proud of that little bit of Norwegian blood in my veins. □

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THORRABLOT

man's remarks, the Rev. Fridrik Bergmann proposed a toast to Iceland, then the well-known song, 'O, fogur er vor fosturjord' was sung. Next Mr. Skafth Brynjolfsson proposed a toast to the ladies which was followed by the song, 'Fosturlandsins freyja'. Next Magnus Palsson proposed a toast to the pioneers and spoke about the significance of Thorrablot celebrations. Mr. Palsson's speech was followed by a fairly lengthy musical program, and then the poet of the evening, Mr. Hannes Blondal, was introduced and gave readings from his poetry. Immediately after, the main speaker of the evening, Baldvin L. Baldvinson, was introduced, and he gave a long speech on the history of the Icelandic settlements in North America. Then the second guest speaker

of the evening, the Rev. Bjarni Thorarinsson was introduced. He proposed a toast to the district of Eyjafjordur in North Iceland. Rev. Thorarinsson's speech was succeeded by a musical program, whereupon the third guest speaker, Mr. Wilhelm Paulson, was introduced. Mr. Paulson proposed a toast to His Majesty the King, and gave a run-down of the main kingdoms western civilization has known. The program was then concluded by the singing of the national anthems, whereupon, one must assume people hurried out on the dance floor."

In concluding, Professor Bessason recalls the centennial celebrations this year of Icelandic settlement in Western Canada, and of the human lives sacrificed in this venture. He said

no one better evaluates the significance of the sacrifices than Guttormur J. Guttormason's poem, *Sandy Bar*, published in 1920. The name is derived from a desolate pioneer settlement and graveyard on Lake Winnipeg, the final resting place of many of the first settlers who died from disease and natural disaster before their hopes of success in the New World could be realized. Our lives derive meaning from the sacrifices made by those who went before us.

Following Professor Bessason's address a short musical program was provided by the Saga Singers under the direction of Della Roland.

We were very pleased to see visitors from out of town as well as members of the Scandinavian community in Edmonton. □

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